DOCUMENT RESUME

ED 435 366 HE 032 589

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|---|---|
| TITLE | NCAA CHAMPS/Life Skills Program. |
| INSTITUTION | National Collegiate Athletic Association, Indianapolis, IN. |
| REPORT NO | NCAA-13660-9/99 |
| PUB DATE | 1999-09-00 |
| NOTE | 19p. |
| AVAILABLE FROM | CHAMPS/Life Skills Program, NCAA Education Outreach, P.O. Box 6222, Indianapolis, IN 46206-6222. Tel: 317-917-6222; Web site: <http://www.ncaa.org/edout>. |
| PUB TYPE | Guides - Non-Classroom (055) -- Reference Materials - General (130) |
| EDRS PRICE | MF01/PC01 Plus Postage. |
| DESCRIPTORS | Athletes; *College Athletics; College Programs; College Students; Daily Living Skills; Higher Education; Program Descriptions; Program Implementation; Student College Relationship; *Student Development |
| IDENTIFIERS | National Collegiate Athletic Association |

ABSTRACT

This brochure describes the Challenging Athletes Minds for Personal Success (CHAMPS)/Life Skills program that was launched by the National Collegiate Athletic Association (NCAA) in 1994. The program was created to support the student development initiatives of its member institutions and to enhance the quality of the student-athlete experience within the university setting. The NCAA provides institutions participating in the program with instructional materials and resources that support student-athletes' development in academics, athletics, personal life, career, and community service. Participating institutions can attend orientations and conferences designed to enhance the academic, personal, as well as athletic development of student-athletes. As of July 1999, there were 293 participating institutions in the CHAMPS/Life Skills program, 109 of which were Division I-A colleges. Sections of the report cover: history of the program, a description of the program, resources available, development opportunities, starting a program, instructional resources, a list of participating institutions by division status, and the application process. (JM)

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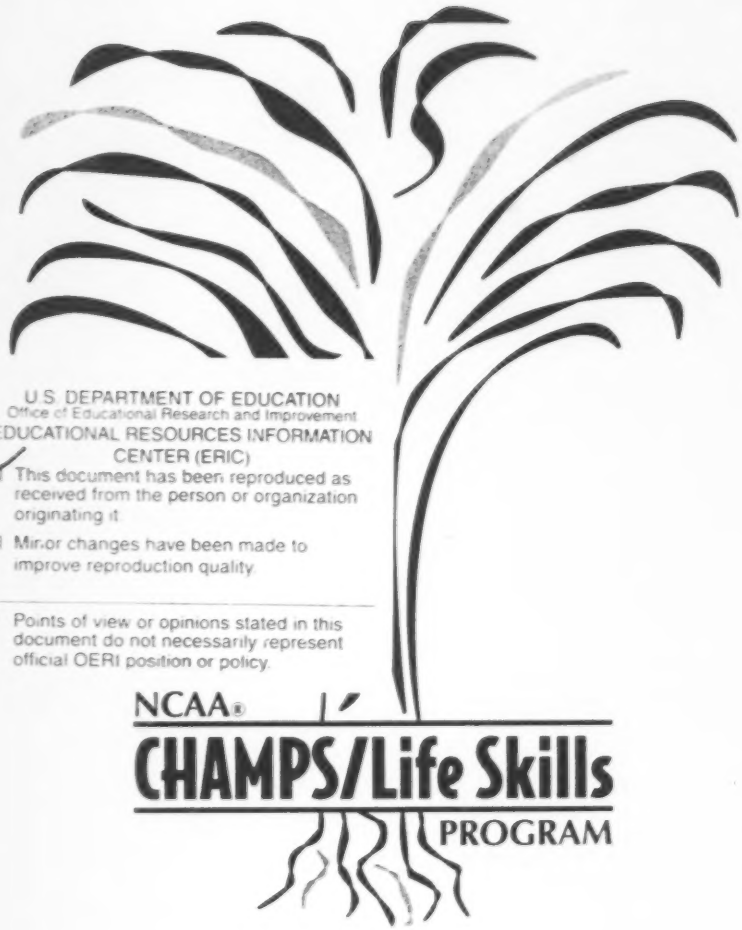

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NCAA®

# CHAMPS/Life Skills PROGRAM

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# PROGRAM HISTORY

In 1991, the NCAA Foundation initiated efforts to create a total development program for student-athletes. Through the collaborative efforts of the NCAA Foundation and the Division 1-A Athletic Directors' Association, the CHAMPS/Life Skills Program (Challenging Athletes Minds for Personal Success) was created.

In 1994, after several years of development by the NCAA Foundation, the CHAMPS/Life Skills Program was launched to the NCAA membership. That summer 46 NCAA institutions participated in the first orientation for administrators from around the country. Since then, approximately 50 member institutions have joined the CHAMPS/Life Skills Program each year.

Today, the NCAA Education Outreach staff oversees the development of the program, offering services, support and programs to participating institutions throughout the year. The CHAMPS/Life Skills Program is supported through the promotional and financial efforts of the NCAA Foundation, the NCAA and the Division I-A Athletic Directors' Association.

## EDUCATION OUTREACH MISSION

*To provide services and support to the membership, public and media to develop and enhance the life of the student-athlete through educational programs and resources focusing on gender equity, student-athlete welfare and life skills.*

Recently, the CHAMPS/Life Skills Program advisory team was created to help with programming initiatives and planning for the annual Orientation and Continuing Education Conference. The eight-member advisory team is made up of a diverse group of coordinators representing all NCAA divisions from different regions of the country.

# CHAMPS/LIFE SKILLS PROGRAM

The mission of the NCAA is to maintain intercollegiate athletics as an integral part of the campus educational program and the athlete as an integral part of the student body. With this in mind, the CHAMPS/Life Skills Program was created to support the student development initiatives of its member institutions and to enhance the quality of the student-athlete experience within the university setting.

In the process of achieving this mission, the CHAMPS/Life Skills Program will:

- ✓ Support efforts of every student-athlete toward intellectual development and graduation.
- ✓ Use athletics as preparation for success in life.
- ✓ Meet the changing needs of student-athletes.
- ✓ Promote respect for diversity among student-athletes.
- ✓ Enhance interpersonal relationships in the lives of student-athletes.
- ✓ Assist student-athletes in building positive self-esteem.

- ✓ Enable student-athletes to make meaningful contributions to their communities.
- ✓ Promote ownership by the student-athletes of their academic, athletic, personal and social responsibilities.
- ✓ Enhance partnerships between the NCAA, member institutions and their communities for the purpose of education.
- ✓ Encourage the development of leadership skills.

Participating institutions in the CHAMPS/Life Skills Program are provided with instructional materials and supplemental resources, which support a student-athlete's development in five areas: academics, athletics, personal development, career development and community service.

## *CHAMPS/Life Skills Program Commitment Statements*

**Commitment to Academic Excellence**
To support the academic progress of the student-athlete toward intellectual development and graduation.

**Commitment to Athletic Excellence**
To build philosophical foundations for the development of athletic programs that are broad-based, equitable and dedicated to the well-being of the student-athlete.

**Commitment to Personal Development**
To support the development of a well-balanced lifestyle for student-athletes, encouraging emotional well-being, personal growth and decision-making skills.

**Commitment to Career Development**
To encourage the student-athlete to develop and pursue career and life goals.

**Commitment to Service**
To engage the student-athlete in service to his/her campus and surrounding communities.

## RESOURCES AVAILABLE

A successful CHAMPS/Life Skills Program reflects the nature and personality of the campus environment, its department of athletics, and the unique needs of its student-athletes. For this reason, the program requires a significant commitment from participating institutions.

To help meet this commitment, each participating institution is provided instructional materials, adaptable to each campus program. Materials provided to each institution include:

- ✓ A needs assessment instrument to assist a participating institution in determining the priority of its student-athletes' needs.
- ✓ A program administration manual that includes information addressing various administrative issues as well as program evaluation instruments.
- ✓ Manuals that include teaching materials that were developed by nationally recognized providers of customized training, organizations and/or associations as well as established program models.
- ✓ Supplemental materials to support the instructional materials (e.g., videotapes, audiotapes, computer software).

## DEVELOPMENT OPPORTUNITIES

At least one representative from each institution must attend the **CHAMPS/Life Skills Program Orientation** where the participants are placed in teams to exchange ideas, network and develop plans to implement the programs on their campuses. The Orientation precedes the Continuing Education Conference each February.

In addition to the Orientation, there is an annual **CHAMPS/Life Skills Program Continuing Education Conference** that introduces institutions to new materials, provides additional technical assistance and assists in improving the effectiveness of the campus CHAMPS/Life Skills Programs. This is an opportunity for coordinators to exchange

programming ideas and focus on personal and professional development. The Continuing Education Conference is held each February.

Every CHAMPS/Life Skills institution is invited to nominate a student-athlete to attend the annual **NCAA Foundation Leadership Conference** held in the spring. The mission of the conference is to develop a diverse group of student-athletes who will actively participate in and experience a multitude of challenging and thought-provoking activities that will enable them to become change agents on their campuses and in their communities.

## STARTING A LIFE SKILLS PROGRAM

Each NCAA member institution tailors the CHAMPS/Life Skills Program to meet the needs of its student-athletes. Whether your campus is ready to apply to the program or not, there are steps you can take to start programming for the needs of your student-athletes:

- ✓ Gain support from administrators on your campus.
- ✓ Inventory the existing resources and life skills programming on your campus.
- ✓ Involve your Student-Athlete Advisory Committee in assessing student-athlete needs and initiating new programming.
- ✓ Track the changing needs of your student-athletes through student-athlete focus groups and surveys.
- ✓ Form an advisory team on your campus consisting of interested and supportive faculty, staff, administrators, coaches and student-athletes.
- ✓ Deliver programming through:
  - classes
  - workshops
  - new student orientations
  - socials
  - community service activities
  - live improvisation theatre
  - speaker series

# INSTRUCTIONAL RESOURCES

**The Academic Commitment**

- Study Skills
- Goal Setting and Time Management
- Grammar Tools Software
- Writing Tutor IV Software
- Tutoring and Structured Study Sessions
- Orientation and Assessment
- Academic Counseling and Advising
- Registration in a Meaningful Curriculum
- Scholarship Applications
- Awards, Honors and Recognition

**The Personal Development Commitment**

- Nutrition
- Eating Disorders Prevention Education
- Establishing Relationships and Developing Sexual Responsibility
- Developing Self-Esteem
- Stress Management
- Alcohol Choices and Addictive Behavior
- Dealing with Depression and Grief
- Interpersonal Communications
- Media Relations

- Personal and Social Development
- Manners and Etiquette
- Dealing with Authority
- Understanding and Celebrating Diversity
- Fiscal Responsibility
- Violence Prevention

**The Career Development Commitment**

- Career Development
- Freshman - Senior Years
- Post-College
- Agents
- Alumni Career Network
- Life After Sports Seminar

**The Service Commitment**

- Service Commitment
- Speakers Bureau
- Play Active Sports Program
- Mentoring
- Peer Education and Counseling
- Student-Athlete Assistance Program

**The Athletics Commitment**

- A Broad Program of Sports
- Coaching and Support Staff
- Departmental Operations
- Support Programs

**The Program Administration**

- Mission, Values and Purpose
- Component Instructional Objectives
- Program Assessment and Evaluation Instruments
- Needs Assessment
- Content Objectives Evaluation
- Student-Athlete Evaluation
- Materials Evaluation
- Program Support
- Academia Coach Program
- Faculty Fellows
- Counseling Student-Athletes
- Teaching Consultation Skills
- Strategic Planning

# PARTICIPATING INSTITUTIONS

**DIVISION I-A**

University of Akron
University of Alabama, Birmingham
University of Alabama, Tuscaloosa
Arizona State University
University of Arizona
Arkansas State University
University of Arkansas, Fayetteville
Auburn University
Ball State University
Baylor University
Boise State University
Boston College
Bowling Green State University
Brigham Young University
California State University, Fresno
University of California, Berkeley
University of California, Los Angeles
University of Central Florida
Central Michigan University
University of Cincinnati
Clemson University
Colorado State University
University of Colorado, Boulder
Duke University
East Carolina University
Eastern Michigan University
Florida State University
University of Florida
Georgia Institute of Technology
University of Georgia
University of Hawaii, Manoa
University of Houston
University of Idaho
University of Illinois, Champaign
Iowa State University
University of Iowa
Kansas State University
University of Kansas
Kent State University
University of Kentucky
Louisiana State University

Louisiana Tech University
University of Louisville
Marshall University
University of Memphis
University of Miami (Florida)
Miami University (Ohio)
Michigan State University
University of Michigan
University of Minnesota, Twin Cities
Mississippi State University
University of Mississippi
University of Missouri, Columbia

University of Nebraska, Lincoln
University of Nevada, Las Vegas
University of Nevada, Reno
New Mexico State University
University of New Mexico
North Carolina State University
University of North Carolina, Chapel Hill
University of North Texas
Northeast Louisiana University
Northern Illinois University
Northwestern University

University of Notre Dame
Ohio State University
Ohio University
Oklahoma State University
University of Oklahoma
Oregon State University
University of Oregon
Pennsylvania State University
University of Pittsburgh
Purdue University
Rice University
Rutgers, The State University of New Jersey, New Brunswick
San Diego State University
San Jose State University
University of South Carolina
University of Southern California
Southern Methodist University
University of Southern Mississippi
Stanford University
Syracuse University
Temple University
University of Tennessee, Knoxville
Texas A&M University, College Station
University of Texas at Austin
Texas Christian University
Texas Tech University
University of Texas, El Paso
University of Toledo
Tulane University
University of Tulsa
U.S. Air Force Academy
U.S. Military Academy
U.S. Naval Academy
Utah State University
University of Utah
Vanderbilt University
Virginia Polytechnic Institute and State University
University of Virginia
Wake Forest University
Washington State University
University of Washington
West Virginia University
Western Michigan University
University of Wisconsin, Madison
University of Wyoming

**DIVISION I-AA**

Alabama A&M University
Alcorn State University
Brown University
California Polytechnic State University, San Luis Obispo
California State University, Sacramento
Central Connecticut State University
Colgate University
University of Connecticut
Cornell University
University of Dayton
University of Delaware
Duquesne University
East Tennessee State University
Eastern Illinois University
Elon College
Fairfield University
Florida A&M University
Georgetown University
Hampton University
Harvard University
Hofstra University
Idaho State University
Illinois State University
Indiana State University
Iona College
Jackson State University
Jacksonville University
James Madison University
University of Maine, Orono
Middle Tennessee State University
Monmouth University
Montana State University-Bozeman
University of Montana
Morehead State University
Morgan State University
University of New Hampshire
North Carolina A&T State University
Northeastern University
Northern Arizona University
Northwestern State University
Portland State University
Saint Francis College (Pennsylvania)
Saint Mary's College (California)
Siena College

South Carolina State University
University of South Florida
Southern Illinois University at Carbondale
Southwest Missouri State University
Southwest Texas State University
St. John's University (New York)
State University of New York at Buffalo
Stephen F. Austin State University
University of Tennessee at Chattanooga
Villanova University
Weber State University
Western Illinois University
Wofford College
Yale University
Youngstown State University

**DIVISION I-AAA**

American University
Bradley University
California State University, Fullerton
University of California, Irvine
Campbell University
Centenary College (Louisiana)
Cleveland State University
Coastal Carolina University
University of Denver
DePaul University
University of Detroit Mercy
Drexel University
University of Evansville

Florida International University
Georgia State University
University of Hartford
Lamar University
Long Beach State University
Long Island University-Brooklyn Campus
Loyola College (Maryland)
Loyola University (Illinois)
Marquette University
Mercer University
Mount St. Mary's College (Maryland)
University of North Carolina, Charlotte
University of North Carolina, Greensboro
University of North Carolina, Wilmington
Old Dominion University
University of the Pacific (California)
Pepperdine University
University of Portland
Providence College
Radford University
University of San Francisco
Santa Clara University
Seton Hall University
University of South Alabama
Stetson University
University of Texas at Arlington
University of Texas, Pan American
University of Texas at San Antonio
Virginia Commonwealth University
Wichita State University
Winthrop University
University of Wisconsin, Milwaukee
Wright State University
Xavier University

**DIVISION II**

Adelphi University
Bloomsburg University of Pennsylvania
California State University, Chico
California University of Pennsylvania
University of California, Davis
Clark Atlanta University
Elizabeth City State University
Emporia State University
Florida Southern College
Fort Hays State University

Fort Valley State College
Gannon University
Humboldt State University
University of the Incarnate Word
Indiana University of Pennsylvania
Kennesaw State University
Mansfield University of Pennsylvania
University of Massachusetts at Lowell
Millersville University of Pennsylvania
University of Missouri, Rolla
Missouri Western State College
University of Montevallo
University of Nebraska, Omaha
University of Northern Colorado
Oakland University
Saginaw Valley State University
San Francisco State University
Savannah State University
Shippensburg University
Sonoma State University
Southern Connecticut State University
State University of New York at Stony Brook
Texas A&M University-Commerce
Tuskegee University
West Chester University
West Texas A&M University

**DIVISION III**

Albion College
Augsburg College
Bluffton College
Bridgewater State College
Cabrini College
Carthage College
State University College at Cortland
DePauw University
Eastern College
Eastern Connecticut State University
Emory & Henry College
Hartwick College
Ithaca College
Johns Hopkins University
Manchester College
Manhattanville College
Marywood University
Massachusetts College of Liberal Arts

Mount Holyoke College
Nazareth College
Plymouth State College
University of Redlands
Rhode Island College
Rowan University of New Jersey
Salisbury State University
Smith College
University of Southern Maine
Springfield College
College of St. Benedict
State University College at Geneseo
State University College at New Paltz
State University College at Oneonta
State University College at Oswego
State University College at Potsdam
Tufts University
Valdosta State University
Washington College (Maryland)
Wellesley College
Westfield State College
Wilmington College
University of Wisconsin, La Crosse
University of Wisconsin, Oshkosh

Total number of CHAMPS/Life Skills Institutions
as of July 1999: 293

| | | |
|---|---|---|
| Division I-A | = | 109 |
| Division I-AA | = | 59 |
| Division I-AAA | = | 47 |
| Division II | = | 36 |
| Division III | = | 42 |

*In addition, six conference offices are currently involved with the NCAA® CHAMPS/Life Skills Program.*

# APPLICATION PROCESS

Each year Education Outreach accepts 50 active, NCAA member institutions into its CHAMPS/Life Skills Program. As a requirement of participation, schools must identify a full-time staff member as the coordinator, and must provide the financial resources needed to send a representative to the Orientation and to the Continuing Education Conference.

No fee is required to become a part of the CHAMPS/Life Skills Program; however, there are no grant dollars accompanying acceptance into the program. Each institution is responsible for funding and implementing the program. The NCAA provides materials, resources, program models and annual conferences for administrators and student-athletes.

Applications are mailed to the directors of athletics at NCAA member institutions each spring, and the new class is announced each fall. Applications also are available on the NCAA Web site.

If you are interested in applying for the CHAMPS/Life Skills Program, or have questions regarding the program, please contact NCAA Education Outreach.

**CHAMPS/Life Skills Program**
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